

Fall Event Dates	pg 1
Empowered Parenting (Kelty MH)	pg 2
Updated Tuition Guide	pg 2



A bimonthly brief of current support and training

# THE *Support* Report

## Welcome Chris!

We are excited to introduce the newest member of our team! **Christina Hoko** is our "EK" Network Facilitator (covering the East Kootenay area). She will be reaching out to caregivers soon!

You can reach Chris at:  
(250) 426-6013 or email at:  
[choko@interiorcommunityservices.bc.ca](mailto:choko@interiorcommunityservices.bc.ca)

## <<< Let's Connect >>>

### VIRTUAL

**Caregiver Drop-Ins**  
**ZOOM ID: 858 3771 6954**

(3<sup>rd</sup> Wednesday of the Month)

**Wednesday, August 16**

**7:00pm – 8:00pm (PST)**

(1<sup>st</sup> Monday of the Month)

**Monday, Sept 11**

**1:00pm – 2:00pm (PST)**

Moved  
due to  
Sept 4  
holiday

## MARK YOUR CALENDARS!

### FALL ZOOM EVENTS AND DATES

#### KERRI ISHAM (POWER UP EDUCATION)

**Sexual Health Education for Teens with Special  
Needs in Grade 8+**

**Monday, September 18**

**9:30am – 11:30am (PST)**

Not able to make it? (or not able to get all the info down?) No worries! We have arranged a replay week. Register for the event and then you will receive a link to the recorded replay video. **Replay access available Sept 26 9:00am – Oct 3 9:00am (PST)**

See attached poster for more details, or contact Marna Forsyth at: 250-609-2017 (cell)  
or email: [mforsyth@interiorcommunityservices.bc.ca](mailto:mforsyth@interiorcommunityservices.bc.ca)

#### THE WHITE HATTER

**Internet Safety: Monitoring, Filters and Tools**

**Wednesday, October 4**

**7:00pm – 8:30pm (PST)**

Not able to make it? (or not able to get all the info down?) No worries! We have arranged a replay week. Register for the event and then you will receive a link to the recorded replay video. **Replay access will be available. Dates T.B.A.**

See attached poster for more details, or contact Marna Forsyth at: 250-609-2017 (cell)  
or email: [mforsyth@interiorcommunityservices.bc.ca](mailto:mforsyth@interiorcommunityservices.bc.ca)

## PARENT SUPPORT SERVICES SOCIETY PARENTING WORKSHOP NAVIGATING TRICKY TRANSITIONS

"Join us in our FREE virtual workshop, where we will explore how best to support our children through day-to-day transitions and bigger changes. Whether it's leaving the playground or adjusting to new family dynamics, all change is big for our children. The Workshop will cover:

- The importance of structure
- Telling the story of the day
- Using play to process change
- Strategies for support"

**Monday, Aug 21 10 am - 11:30 am (PST)**

**FREE ONLINE WORKSHOP**

To register or find out more visit:

<https://www.parentsupportbc.ca/wp-content/uploads/2023/07/Tricky-Transitions-Parenting-Workshops-PSS.pdf>

## KELTY MENTAL HEALTH **NEW SECTION** “EMPOWERED PARENTING”

“As a parent or caregiver, you know your child best and already have what you need to promote their development and well-being. In our new section, you can learn more about what empowered parenting may look like for you, whether you're supporting your child's development, taking care of yourself, or building community.”

“Empowered parenting doesn't mean being “perfect” or knowing all the answers – what matters most is being present, open, and compassionate. While we can't always control the ups and downs of life, we can build on our strengths to give our children the foundations they need to grow and thrive.

The aim of empowered parenting is to help build resilience, strengthen relationships with love and connection, and make space for emotions and communication. These skills start in childhood but can support your child throughout their life.”

Check out the different categories:

- ✚ Social and Emotional Development
- ✚ Parent and Caregiver Well-being
  - Taking Care of Yourself
  - Working with Your Child's Healthcare and School Teams
  - Building a Support Network and Community
- ✚ A Mindful Approach to Parenting and Caregiving
  - Foundations of Mindfulness
  - Mindful Communication
  - Discovering Compassion
  - Come Home to Present
  - Softening Our Judgements
  - Mindfulness for Children and Youth

To find out more, visit

<https://keltymentalhealth.ca/empowered-parenting>

## BC YOUTH IN CARE NETWORKS RETREAT

**November 3–5, 2023 in Mission**

“We are so excited to announce that Youth Retreat #82 will be happening in November! We can't wait to share space together and be in person with our Fed Family again!”

**Registration will open on August 14 at 1:30pm!**

The application deadline will be September 25 at 9:00 AM.

“Youth Retreat is a three-day event where young people meet other young people from care, have their voices heard, guide the Fed in the work we do, and most importantly have FUN and CONNECT with others!”



To find out more visit:

<https://fbcyicn.ca/what-we-offer/programs/youth-retreats>

## Foster Parent Support Services Society **UPDATED TUITION GUIDE:**

**A Guide to: Scholarships, Bursaries, Tuition Waivers & Awards Available to Children in and from Government Care in BC**

“Foster Parent Support Services Society has compiled information on tuition waivers, scholarships, bursaries and awards available to children in and from government care in British Columbia into one handy document. If you know of a youth in care or previously in care, please send them this link or get them a copy of this tuition guide. They may be eligible for supports to attend training or post secondary education.”

To download the guide or to find out more, visit:

<https://fpsss.com/resources/tuition-guide/>

**Connect with the team >>>**

## SUPPORT TO FAMILY CARE NETWORK PROGRAM

**Program Coordinator: Kari Beppe**

[kbeppe@interiorcommunityservices.bc.ca](mailto:kbeppe@interiorcommunityservices.bc.ca)

Cell: (250) 819-1919

Office: (236) 421-0031

Toll Free: 1-877-376-3660

**Network Facilitators:**

**Renata Bonthoux** (250) 319-6557

[rbonthoux@interiorcommunityservices.bc.ca](mailto:rbonthoux@interiorcommunityservices.bc.ca)

**Krista Sherwood** (250) 819-5819

[ksherwood@interiorcommunityservices.bc.ca](mailto:ksherwood@interiorcommunityservices.bc.ca)

**Marna Forsyth** (250) 609-2017

[mforsyth@interiorcommunityservices.bc.ca](mailto:mforsyth@interiorcommunityservices.bc.ca)

**Jane Wesko** (250) 608-7674

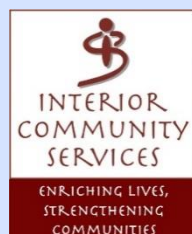
[jwesko@arcprograms.com](mailto:jwesko@arcprograms.com)

**Tabitha Fournier** (250) 320-4603

[tfournier@interiorcommunityservices.bc.ca](mailto:tfournier@interiorcommunityservices.bc.ca)

**Chris Hoko** (250) 426-6013

[choko@interiorcommunityservices.bc.ca](mailto:choko@interiorcommunityservices.bc.ca)



**Need resources or information?**

**Check out our website!**

Are you wanting more information about upcoming training in your area, helpful resources or information about our program? Find all this and much more at our website:

**[www.icsfp.info/outofcareproviders](http://www.icsfp.info/outofcareproviders)**



**Find us on Facebook!**

Connect with us on our

‘ICS Support To Family Care Network’ Facebook page and our agency’s ‘Interior Community Services’ Facebook page.

“There are those who see the need and respond. Those people are my heroes.” *Fred Rogers*